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COMPANION

TO THE

BLUE MOUNTAINS.

BEING A SHORT DESCRIPTION

OF THE

Neilgherry Hills,

MEDICAL, GENERAL AND DOMESTIC;

WITH REMARKS UPON

DIET, CLOTHING, SOCIETY, SPORTING, AND OTHER MATTERS,

INTENDED AS A FAMILIAR GUIDE TO THOSE PROCEEDING THERE, EITHER IN PURSUIT OF HEALTH, OR FOR RECREATION.

TO WHICH IS ADDED

AN APPENDIX,

CONTAINING CRITICAL OBSERVATIONS ON THE PROPOSED PLAN OF LOCATING EUROPEAN TROOPS ON THE NEILGHERRIES.

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BY

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"The greatest evils that have arisen from change of climate, have been occasioned by the presumption of health, that refuses to use the necessary precautions, or by the neglect of ignorance, that knows not what precautions to use."—*Lawrence's Lectures on Man.*

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PREFACE.

Much has been written from time to time regarding the climate, &c. &c. of the Neilgherry Hills—still that most valuable kind of information which every one going there seeks for, and requires, is not easily obtained—owing in a great measure to the various papers which have been published about them being scattered through periodicals—and partly also that most of the accounts are either Historical or Topographical, without descanting much upon their general and domestic economy—a less scientific, but as far as the public are concerned, more useful department of knowledge.

It is with a view to supply this deficiency that I propose giving the result of my two and a half years' experience on these beautiful Mountains—and as the production will neither be costly nor over cumbrous, I hope it will have merit sufficient to become the travelling companion of many a sick and weary wanderer to this deservedly celebrated Sanatarium.

I propose writing "currente calamo," unshackled by any considerations of form or order in the several subjects touched upon, which over and above the advantage to myself, will I think be a more agreeable arrangement for the reader.

I am indebted to the "Survey of the Neilgherry Mountains" lately published by Capt. Ouchterlony—and to a "Topographical Report of the Neilgherry Hills" by Dr. Birch, for much of the information of a Statistical and Geographical character.

In consideration of the unmethodical plan of the work, I may well recommend to the reader's attention the following lines by Lord Byron—

"Oh reader! if that thou canst read—and know,
'Tis not enough to spell, or even to read,
To constitute a reader; there must go,
Virtues of which both you and I have need.
Firstly, begin with the beginning (though
That clause is hard;) and secondly proceed:
Thirdly, commence not with the end or sinning
In this sort, end at least with the beginning."

St. Thomas' Mount, *September*, 18—.

COMPANION

TO THE

BLUE MOUNTAINS.

"All-conquering Heat, oh intermit thy wrath!"
And on my throbbing temples potent thus
Beam not so fierce! Incessant still you flow,
And still another fervent flood succeeds,
Pour'd on the head profuse. In vain I sigh,
And restless turn, and look around for night,
Night is far off; and hotter hours approach.
Thrice happy he! who on the sunless side
Of a romantic mountain, forest crown'd,
Beneath the whole collected shade reclines:
Or in the gelid caverns, woodbine-wrought,
And fresh bedew'd with ever spouting streams,
Sits coolly calm: while all the world without,
Unsatisfied, and sick, tosses in noon."

Thomson's Seasons.

THE Neilgherry Hills are situated in about N. Lat. 11° and East Long. 76° on the Coast of Malabar in the Madras Presidency, being a somewhat isolated portion of an extensive range of mountains occupying the Western side of the peninsula of India—and distant about 50 or 60 miles from the sea. Their highest point, "Dodabettah", is nearly 8,700 feet above the level of the sea. In extent they may be said to be about 50 miles from East to West, and 25 from North to South, reckoning from their base. They are approachable by at least six Ghauts or passes, only two or three of which are much frequented. Captain Ouchterlony in his "Survey of the Neilgherry Mountains" just published, enumerates them thus:—

The Goodaloor Pass—On the N. W. leading from Nede-

wuthum to Goodaloor, and forming the communication from the Hills to Cannanore, Tellicherry, and the Western Coast towards Bombay—and also with Calicut by the most direct road—descending the Carcoor pass and passing through Nellumboor to the Coast. It appears, however, that the ferries on this road are not now well attended—and that from the road being neglected, it is very much infested with wild beasts, and overgrown with jungle, rendering it malarious; besides which the public Bungalows are badly situated and unhealthy. Captain O. remarks, that it is much to be regretted this road should be allowed to fall into disuse, being very convenient for the Bombay people who land at Calicut, on their way to the Hills. The road on from Nedewuthum into Ootacamund (the principal station on the Neilgherries) is an excellent one, and is practicable for carts. The Ghaut is also in good order, and a laden bandy can go down it, but the ascent is impracticable.

The Seegoor Pass.—This Ghaut which is the most frequented of all, in consequence of its being practicable for laden carts and other wheeled conveyances, is carried down the Northern face of the Hills, commencing the descent near Mootenaad, and ending it near the village of Seegoor. By this pass the communication is kept up with Bangalore, Madras, and all places to the Northward, and by it the supplies are chiefly brought into Ootacamund.

The Kotagherry Pass—In the North East angle of the plateau of the Hills at Kotagherry, is another Ghaut, communicating with Mattapolium, and thence either to Coimbatore or Salem, in the low country. This is the oldest road cut for the ascent of the Neilgherries, has been lately repaired, and is now practicable throughout, excepting for wheeled carriages. It is favourably situated for gaining the

summit of the Hills on the Eastern side, and there is very little low jungle to pass through between it and Mattapolium. It has not been much used of late. Troops marching to the Hills, could by leaving their Camp at Mattapolium at day break, ascend into a cool climate by this road, before the sun was high enough to distress them.

The Coonoor Ghaut.—This pass is to the Eastward, and there are six or seven miles of bad jungle for travellers to pass through between Mattapolium and the foot of it. It is however the most frequented by Palanqueens and Equestrians, as the road on from the summit, at the station of Coonoor, leads more direct to Ootacamund, than that from Kotagherry—and is not much more than half the distance—besides that there is a public Bungalow as well as a Hotel at Coonoor, for the convenience of travellers, whilst at Kotagherry there is neither the one nor the other. The road is very good all the way, but hardly accessible for carriages. Merchandize and baggage from the low country is forwarded from Mattapolium by bullocks and Coolies. Travellers from the South and East almost invariably come by this road, and many also from Madras via Salem, as it is much shorter than by Bangalore. The traffic altogether is very great.

The Malloor Ghaut.—This pass is now only used by natives, although the road from the top of the pass to Ootacamund, is quite available for horse and foot passengers in the drier seasons. It is quite neglected.

The Sispara or Koondah Ghaut.—This magnificent Ghaut forms the line of communication between the Western Coast (Calicut) and Ootacamund, across the Koondah mountains, which form the Western boundary of the Hills. The road is now a very good one, and wheeled carriages can pass along it, although hardly with safety. It is a good deal frequent-

ed by travellers, and the Western Mail is despatched by it, through Chalakull and Woondoor.

Supposing a person proceeding to the Hills by Mysore, he will ascend by the Segoor Ghaut, and his first object should be to arrange his journey so as to arrive at Goondlepet early in the morning, in order that he may pass through the feverish district between that place and the Hills by daylight. This is not only desirable on account of the danger from fever, should any accident happen to detain him at Tippacadoo during the night, but also to avoid meeting with wild beasts, of which there is no lack in the jungles through which the road lies.

Goondlepet, where there is an excellent Bungalow, and a Maty always ready to provide travellers with meals, is about 40 miles from Ootacamund, and is situate without the malarious limit—the next Bungalow is at Bundapoor, about six or seven miles distant, and is also supposed to be healthily placed beyond the feverish district.

The next in order is the Tippacadoo Bungalow, a very bad one, and placed on the bank of the river in the midst of dense jungle; the aspect of the place is quite in keeping with its character, and few persons have escaped the deadly fever which is engendered in its neighbourhood, if by any chance they have been benighted there. It is distant 13 miles from Bundapoor, and about 11 from the next succeeding Bungalow, Kulhutty, which latter is a little more than half way up the Seegoor pass—it is a good Bungalow and in a healthy situation, and there is here also a Maty who furnishes very tolerable supplies; from Kulhutty to Ootacamund is eight or nine miles.

On arriving at Goondlepet early in the morning, the Traveller should take a substantial breakfast, and push on without delay

to Ootacamund, where, if he is travelling dawk, he ought to arrive by sunset, allowing time for refreshment at Kulhutty. Supposing he goes by Transit Carriage to Seegoor, (which can be done now that a good bridge has been thrown over the river at Tippacadoo, by writing to the agents to that effect,) he might reach Ootacamund much earlier, by having ordered a Palanqueen to meet him at Seegoor beforehand, or by having a Pony posted for him there, and at Kulhutty; indeed one stout Pony or Horse, would carry him easily into Ootacamund from Seegoor. A good horseman in tolerable health, and who does not fear the heat, might ride in all the way from Goondlepet or Bundapoor, to Ootacamund, in five or six hours—provided he had horses posted at Kulhutty, Tippacadoo, and Bundapoor; and this is not unfrequently accomplished. Those who travel by ordinary marches might sleep at Bundapoor, having sent on a horse to Tippacadoo, and starting at daylight from the former place next morning, reach Tippacadoo by seven or eight o'clock, and then with the fresh horse ride into Ootacamund, 20 miles, by three or four in the afternoon, having rested if necessary at Kulhutty; or a Pony might be sent out to Kulhutty from Ootacamund to await his arrival, which would be a still better arrangement.

Travellers should be careful to provide themselves with a little warmer clothing for ascending the Ghaut, and especially have a good waterproof coat strapped on to the Saddle, to wear in case of rain—which frequently comes on with very little warning upon the Hills—or in the event of their being delayed long after sunset. Colds often result from the want of a little precaution in regard to clothing, and serious illness is the consequence.

Persons going to the Hills by the Coonoor Ghaut, should arrange to leave Mettapolium at daylight if possible, as they will have six or seven miles to go through the jungle before reach-

ing the foot of the pass, which in a Palanqueen will occupy nearly two hours, they have then a distance of about nine miles up the pass, often a very tedious process—particularly if rain recently fallen has made the road slippery and difficult of ascent. Some refreshment should therefore be provided for the journey. For those who can do so, it is far better to ride up the Ghaut—as being much more speedy as well as agreeable. A horse might be posted at Mattapolium, and if the traveller intended going on at once to Ootacamund, another at the Coonoor Bungalow, which would enable him to arrive at Ootacamund by noon, if he left Mattapolium at sunrise or earlier.

The Bungalow at Coonoor is a tolerably good one, it is furnished with fire places, and there is a Maty there who provides supplies—as there is also at Mattapolium. There is likewise a good Hotel at Coonoor, where everything is very comfortable, and the charges not exorbitant; and I would advise families invariably to go there in preference to the Public Bungalow, for the difference in the expence is more than made up after a long and fatiguing journey, by the superiority in the accommodation and absence of all personal trouble; and the same remarks apply of course to officers travelling alone who are in bad health.

Families and others intending to go to the Hotel, should always give Mr. Davidson, the landlord, due notice of their wishes, and request a reply to be sent to them at Mattapolium awaiting their arrival, for it sometimes happens that he has no spare rooms—and in that case a family going there, might make a considerable journey out of the way to no purpose, which after a tedious journey would be very annoying.

Davidson's Hotel is nearly a mile from the Public Bungalow, to the right, on going from the top of the pass towards

Ootacamund. The Public Bungalow is also a considerable distance from the top of the pass, and a little to the left of the high road on leaving Coonoor, and is 10 miles from Ootacamund. The road from Coonoor to Ootacamund is in excellent order—but as it is upon the whole an ascent of about 1,500 feet, or even more, to the top of the Kaity Ghaut—bearers take five or six hours to perform the distance, and if the weather be rainy, perhaps much longer; having to ascend two very long and very steep hills in the neighbourhood of Kaity.

By the two approaches I have just described, perhaps nine-tenths of the visitors make their way to the Hills—and the observations which I have made with regard to these two, will generally apply to the others—the great point being so to arrange the journey beforehand, as to be enabled to pass through the whole of the malarious district below the crest of the Hills by daylight, and without the necessity of remaining in any Bungalow during the night, which may be within the feverish limits. In regard to elevation above the level of the sea, about 3,500 feet is usually considered the limit of fever range; and with reference to the Neilgherry Hills the whole of the irregular belt of jungle which extends continuously from the base of their circumference, may be held to be more or less baneful, and capable of producing fever in most persons who are exposed to its influence by sleeping or resting within it during the night.

I may observe with reference to the Ghaut on the road over the Koondah mountains to Calicut, that there is a very fair Bungalow at Sispara, about 30 miles from Ootacamund, and there is another excellent Bungalow where supplies are furnished, at the Avalanche, 10 miles nearer to Ootacamund, at the foot of the Koondahs on the Ootacamund side. The road is very good all the way. Between this last Bungalow

and Ootacamund, there is no accommodation for travellers, if I except the Native Chuttrum at Nuugenoud, where shelter from a storm might be obtained.

There is no Public Bungalow at Ootacamund—but there is an excellent Hotel kept by Mr. and Mrs. Dawson, where every comfort is supplied upon moderate terms; perhaps the best proof of the satisfaction which they have given to the public generally, is, that only about 15 years ago this industrious couple came to the Hills with no other income or property, than was dependant upon his Office, which I believe was that of a Non-Commissioned Officer in the Sappers and Miners of the Honorable Company's Service—in that short space of time he has become the owner of the Hotel he keeps, besides houses and other property at Ootacamund—and in fact may be looked upon as a wealthy man. I am glad to be able to bear public testimony to so much merit—and which I can do with the more confidence, having on two occasions been an inmate of the establishment. I would advise all persons who have never visited the Hills before, to make a point of going in the first instance direct to this Hotel, where they may remain as long as they choose, and have an opportunity, if they prefer living eventually in a private house, of selecting one to their own fancy, for it seldom happens that a house taken by another is much approved, and then there ensues all the trouble and expence of removal, which is never pleasant any where, but more particularly in so uncertain and wet a climate as the Hills. A short time since there was a second Hotel, but the proprietor of it died, and the house is now I believe unoccupied. There is also still existing in a half strangled condition, the Ootacamund Club, where Gentlemen and Officers can be accommodated, I believe comfortably, and at about the same rate, both as regards the quality of board and lodging and the cost thereof, as at the Hotel. This establishment never can I think flourish, owing to there being

no resident members to take a permanent interest and management in the concern. Managing Committees are no sooner formed, than from various causes half the members quit the Hills, and the remainder feeling that they will soon follow, become apathetic and lukewarm in the matter. The Secretary too is an unpaid one, and is selected from among the Officers who are there on sick certificate, his tenure of Office has consequently been as ephemeral as the Members of Committee. This difficulty however appears at this moment likely to be avoided, as the gentleman who holds the Office is an Officer of the Bombay Invalids, and purposes I believe residing permanently at Ootacamund, in which case, as he is both very capable and very zealous, the affairs of the Ootacamund Club may be brought after a time into a more thriving state.

The best period for arriving on the Hills is I think about the first week in April, when the dry and cold easterly wind has nearly or quite ceased, and showery weather may be expected, with occasional thunder storms, and variable winds; and this usually continues until the South West monsoon fairly sets in, about the first week in June. April, May, and part of June, are the finest months, and the most healthy of the whole year. There is a balmy freshness in the air, which is most exhilarating and enjoyable, and is so much the more grateful, from having been preceded by three or four months of very unpleasant weather. The South West monsoon continues till October, and during this time there is seldom an interval of more than a few days without rain, and generally, it rains more or less every day, sometimes for days and nights together, without much cessation. The rain however at this season is often a mere Scotch mist, and not sufficiently heavy to penetrate through an ordinary great coat, so that it need not prevent people from going out. Evaporation goes on very rapidly, consequently the moisture that falls

soon dries up, and the heavy rains also run rapidly off the Hills, and in ten minutes the roads are dry enough to walk upon without getting wet footed. For the most part, during the S. W. monsoon, every day has some dry interval, sufficient to enable Invalids to take their accustomed airing and exercise, and in my opinion the months from April to October inclusive, are by far more pleasant, and certainly more healthy, than the remaining five months of comparative clear and dry weather. Those who do not like the wet season of Ootacamund, can always go out to Coonoor or Kotagherry, where it is comparatively dry in the S. W. monsoon, and less boisterous. About the beginning of November the wind changes again to the East and North East, and during the change violent thunder storms usually occur accompanied by heavy rains, and this is followed by clear dry weather, (with now and then a storm or shower of rain,) till the end of March. The sky during this period of the N. E. monsoon is generally cloudless, and the atmosphere hazy; strong East and North East winds blow almost without intermission, and they are so excessively dry and ungenial, that vegetation is nearly at a stand still. Most of the trees lose a great part, and some the whole of their foliage, the grass and fern looks perfectly brown and withered, and in short the whole creation seems to suffer from the harshness and discomfort of the season. What makes the climate at this time still more unbearable, is, the very great diurnal changes which occur of heat and cold; from sunrise to sunset the sun's heat is severely felt, but the moment darkness comes over the Hills, the cold is equally unpleasant, and towards morning the Thermometer often falls much below freezing point, so that ice of two or three inches in thickness is sometimes found in the low swampy ground. Almost all persons suffer somewhat from sickness at this time, and those who are weakly often seriously; whichever happens to be the weak point in an individual's constitution is almost sure to be affected, but the most common effects are

congestions of the Liver and Bowels, and not unfrequently of the Brain. This is the season when I think people should leave Ootacamund for the out stations of Coonoor and Kotagherry, or the Koondah Mountains, where those disagreeable parching and cold winds are scarcely felt; but in place of this they generally leave Ootacamund during the rains, for the sake of the fine weather elsewhere; which although more agreeable perhaps to some persons, is generally not so healthy—the rain is far less to be feared and guarded against on the Hills than the sun and the dry winds—it is these latter that are so pernicious both to mankind and vegetation.

Individuals who have organic disease, (that is where some permanent morbid change has occurred in the tissue of any organ)—are not good subjects for the Hills—there is some quality apparently in the climate,—either the rarity, or perhaps the peculiar electrical state of the atmosphere,—that seems capable of developing disease in an organ, which otherwise might have lain dormant for any length of time without seriously disturbing the general health of the patient. Dr. Birch says that fevers are generally cured on the Hills; this is contrary to my observation, both in regard to my own patients and those of other Medical Officers,—nearly all were obliged to be sent away, which is what I should have anticipated; because fevers of any obstinacy are generally kept up by some affection, often organic, of the Liver or Spleen—this is a well known fact both here and in Europe, consequently if the Hills are not adapted for the cure of cases where the Liver and Spleen are affected *without* intermittent fever, as is generally admitted, neither, a fortiori, can they be for such complaints with fever. Cases of purely idiopathic fever (if such there are) or fevers dependent upon gastric disturbance, might no doubt yield to the climate of the Hills—but these are not the common cases,

Rheumatic and gouty affections generally do well—provided there is no syphilitic taint—but wherever this happens recovery there is not to be looked for.—Head affections—dependent upon plethora of the brain or cerebral congestion, should not be sent to the Hills, neither should patients with actual disease of the Heart or Lungs—when these complaints are merely symptomatic of other affections, such as Dyspepsia for instance, they do well enough by proper management. Cases of chronic Dysentery and Diarrhœa, may be sent to the Neilgherries with great hope of recovery, if uncomplicated with organic disease of the Liver; out of many cases during my tour of duty, I never had occasion to send one away from Ootacamund, and as far as I remember, all did well—but of all patients, those do best who are suffering only from climate without any local affection—cases of mere debility and enervation, and nervous affections, often the consequence of continued application to business in the low country. Cases of Dyspepsia too generally recover—although often not till the first year has passed over. I have known very many persons who improved very little during the first 12 months, but after that, amendment was rapid—therefore I would always recommend a Sick Certificate to be given for 18 months or two years where the constitution seemed much impaired. Certificates are often given for six months only, and the patient is told that if necessary he will get an extension on the Hills—but I think this is not a good plan—because it gives unnecessary trouble to the Authorities, and moreover keeps the patient in a state of anxious uncertainty as to his fate, which may very much retard recovery. The expense and inconvenience of moving besides is scarcely repaid by so short an absence—particularly when the Officer is a family man—even though he may have been located near the Hills.

The state of mind of an Invalid is not always sufficiently consulted when on Sick Certificate in India, and perhaps it is

in part owing to this that many cases fail of being cured here, which succeed at the Cape and New South Wales, when a sick man gets on board ship for these Colonies, he feels himself at once relieved of all military controul, he is for the time again free, and although he may not have been the victim of any improper constraint by the Authorities, still his mind up to that time, being weakened and rendered sensitive by illness, has felt oppressed with the knowledge that the despotic hand of military discipline still hang phantom-like in terrorem over him, and capable at any moment of fettering his movements, and thwarting his fondest hopes. Those who have suffered little from ill health, can with difficulty conceive how much the mind of an Invalid is affected by a circumstance of this kind, which to one in health would be quite harmless; nor can those who have not had an opportunity of observing the vast influence which the state of the mind exercises over the functions of the body, believe the importance which is attached to such a consideration in treating disease. It is for this reason that I think if all direct military interference was avoided with the sick Officers on the Hills, the result would be more favourable, as regards their recovery, than it sometimes now is. If the patients for instance were placed wholly and solely under medical controul (as they are at the Mahablushwur Hills) it would be a mutual advantage—there need be but one law for the patients, (which might be exercised by a Medical Committee,) viz. that any patient guilty of an impropriety which rendered his further stay on the Hills useless or undesirable, be sent to join his Regiment or Station. This would be, I believe, an all-sufficient check, and moreover would invest the Medical Officer with more authority and independence as regards his patients, which considering the difficult card he has to play between the wishes of his patients and his duty to the State, would be very desirable. At present his position is an invidious as well as a hazardous one, and he is a lucky man who steers

tolerably clear of difficulty. By the rules now existing, patients, that is military men, cannot sleep out of the Station of Ootacamund without getting first the permission of their Doctor and then of the Commanding Officer. This entails a good deal of trouble and sometimes inconvenience to the applicant without any commensurate advantage—for so far as I know, an application for leave of this kind, never has been, and is not likely to be met with refusal. Civilians are, or were, exempt from this law, and go when and where they like, even to the low country, without any question.

It is hardly necessary to say that whenever practicable, the baggage should be sent on in advance of the owner, in order to be available on arrival; if despatched by the road to Mattapolium, it will on reaching that place, be forwarded by the Cutwall, by Coolies and Bullocks to Coonoor, Kotagherry, or Ootacamund—and this adds very materially to the expence of carriage by that route—by the Mysore road the bandies can go the whole way to Ootacamund. Great inconvenience has been experienced by travellers who have sent their baggage by Mattapolium in consequence of the neglect and inattention of the native authorities there—but I believe this has attracted the notice of the present excellent Collector of Coimbatore, and is no longer the case. Baggage sent by the Calicut road, via Sispara, must also be brought up to Ootacamund by Cooly or Bullocks.

As all the houses are furnished—although sparingly—on the Hills, it is not necessary to take up any furniture; many persons however do so who can afford it, and are not content with the bare necessaries they find in most of them. There are two or three brokers' shops at Ootacamund, where crockery, glass, and other housekeeping essentials can be purchased reasonably.

Every person going to the Hills should be provided with a certain sufficiency of warm clothing to put on the moment he or she arrives there—and flannel next the skin may be worn with much comfort and advantage by those in delicate health. Some persons go to the Hills without this necessary provision, trusting to the Shops and tailors of Ootacamund, but this is a grand mistake—as those things cannot be procured there at a moment's notice as they may in London, or even at Madras, several days most likely will elapse ere a suit is ready, and in the meantime the visitor is suffering all the discomfort and risk of cold, when, having just come from the low country he is worst prepared for it—many an Invalid has had to regret this want of precaution.

There are three or four very good Shops at Ootacamund, where all the common necessaries of life required on the Hills may be obtained. Two of these are kept by Parsees in connection with Merchants in Bombay, whence they get their supplies, their charges are generally rather exorbitant, but as a set off against this they are exceedingly civil, and what they sell is usually of good quality.

A single man may live very well on the Hills and keep his horse for 150 Rupees a month. The charge at the Hotels at Ootacamund and Coonoor is the same, viz. four Rupees per diem for Board and Lodging; this includes for Bachelors, a Bedroom and Bath-room with use of the Public Room, and three meals a day, besides firing, lights, and attendance—families of course pay more according to their number and the accommodation required. Stabling for one horse is two Rupees per month extra. One inclined to economize may live for less than the above sum, in his own house, or with a friend to share expences. A Gentleman or Lady living at the Hotel requires only one servant, as a personal attendant, and might even do without any. People occupying their own

houses require a Head boy, Maty and Cook, as essentials, with other inferior domestics, as in the low country; as to Conveyances and number of Horses required, that is very much a matter of fancy, one Bullock Carriage or Phæton with a riding horse, is sufficient. The expences of a family residing in a private house need scarcely be more than in the low country.

Every Officer arriving on the Hills on Sick Certificate is reqired to report his arrival to the Officer Commanding at Ootacamund, and also to the Medical Officer in whose district he then resides. These districts are separated by the Lake, in an East and Westerly direction, and patients on the East side of the Lake have no claim to the attendance of the Medical Officer on the West side, and vice versa; but there has always been an understanding, which probably still exists, between the two Medical Officers at Ootacamund, that each should be at liberty to attend upon the patients of the other when asked to do so as a matter of favour by the patients themselves, which for various reasons seems a very good arrangement.

The out-stations of Coonoor and Kotagherry have now a third Medical Officer to attend to them, who resides at Coonoor. The distance from Coonoor to Kotagherry is about 12 miles, and the distance from Ootacamund, by the Marquis' new cut to Kotagherry, nearly 18—it is a good bridle way, and a pretty ride, and one may canter nearly the whole distance, performing the journey in about two and a half, or three hours. This road passes to the right of Dodapettah; the old road, which is by no means so good, leads over Dodapettah near its summit, and bears away to the left, they unite at a point called "Raillia," about two-thirds the distance to Kotagherry.

One of the first and most important things for a person to do after reaching Ootacamund, is to look about for a suitable residence, unless he determines at once to live either

at the Club or Hotel. There is of course more privacy and less restraint in every way, occupying a house by one's self, and it is also perhaps less expensive; but then there is also generally more trouble, especially as the Servants found on the Hills are almost without exception great scoundrels, and the Servants brought up by persons from the low country, generally leave the Hills very soon, either from sickness, or disgust, at the coldness of the climate. With regard to the selection of a house, I should say that the most healthy, by much, are those situated far above the level of the swampy ground, and with their fronts facing somewhat Southerly; as a general rule, those on the North side of the Lake, and of moderate elevation, are most desirable; many of the houses are thatched, others are terraced, and others again tiled; the first are most equable in temperature throughout the day and night, but they are infested usually with rats and fleas; the terraced are the hottest, and the tiled, ordinarily, the coldest, and most leaky. Houses situated nearly or quite upon a level with the swamps, are very cold at night, and comparatively hot in the day; immediately after sunset they become enveloped in a cold dense misty vapour, rising from the low moist ground by which they are surrounded, and this remains hanging about them till an hour or two after sunrise in the morning, when it gradually dissipates by the heat of the sun's rays; this is more particularly observable during the dry cold months. A person at this season, going to the top of any hill overlooking Ootacamund at sunrise in the morning, may observe a stratum of this misty emanation hanging over all the moist ground, and rising to a certain height, perhaps 50 or 100 feet above the level of the Lake. The difference of temperature to a person's feelings, in passing from the higher ground, into this misty atmosphere, is very striking; I have frequently felt it at night, and there can be no doubt that there is a great difference in the comparative healthfulness of a house situated in the midst of this cold vapour, with that of

one above it. The Thermometric amount of cold in these swamps, as compared with that on the sides and tops of moderate elevations, is many degrees greater, and this is familiarly known by the fact, that it is only in these low grounds that ice ever forms. Dr. Birch, who was an Executive Medical Officer at Ootacamund, says in his Topographical Report: "Of the therapeutic means adopted for the recovery of Invalids who resort to the Hills for health, there are few more beneficial, and yet so little attended to, as warm clothing, the chief part of which is flannel next the skin; the sick man, the valetudinarian, and the healthy man, all alike find the benefit of flannel, which when worn from the neck to the soles of the feet, maintains that equal warmth of the surface, which is so necessary to health, it preserves them from the severe cold, of the ill effects of which they are so susceptible, and seems to maintain that moisture of the skin, which is checked almost to suppression, by the rapid transition from the great heat of the plains to the cold of the mountains. It is owing principally if not solely to this cause, that Hepatic complaints so frequently deteriorate, &c. &c. &c." Fully agreeing with Dr. Birch in the necessity of well clothing the body, and the advantage of warmth, leads me to think, houses low situated are unhealthy. A few pages farther on, however, Dr. Birch remarks, that "the Jail is a large building consisting of three large rooms and one small one with closed verandahs on both sides. Being *injudiciously* placed on the top of a Hill, it is exposed to the full force of both monsoons, especially the South west." The italics are mine—he goes on to say notwithstanding, "The prisoners are in general very healthy, although their work of necessity exposes them to great vicissitudes of weather, and they are ill provided with clothing to resist the cold." Now in my own opinion, and the last remark of Dr. B. helps to confirm it, the site of the building which was the Jail, is one of the most healthy in Ootacamund—and as a general rule I should say

that the houses on moderate elevations, as that is, and unencompassed with much jungle, are, cæteris paribus, the most healthy. It is an advantage if the East and West faces of houses are sheltered somewhat from the violence of the monsoons, undoubtedly, provided the trees or whatever else may protect them, are not so close to the walls as to obstruct the sun's rays during the warmer part of the day, for unless the sides of houses are well exposed to the sun, they become very damp, owing to the frequent rain and the bad quality of the bricks and mortar of which they are built, permitting the wet to soak readily through them. Dampness is the prevailing fault of the Neilgherry houses, or at any rate the most important. Many of the houses have smoky chimnies, rather a difficult matter to remedy often, but an annoyance which may be very much lessened by taking care to use dry wood. The better plan is to obtain such a supply of wood during the dry season as will last through the wet one, taking care to keep it in a godown under lock and key. A Bandy-load of wood can be got for one rupee, or a little more. It is a common custom for families to employ a Woodcutter, whose pay is five rupees per mensem, for which he brings a man's load of wood every evening, this is found to be enough for the consumption of a single individual, or even for two ; but larger families of course require more.

The wages of servants on the Hills are perhaps a little higher than below, and they are usually provided by their employers with warm clothing, such as a long cloth coat and pair of trowsers. Horsekeepers are also supplied with a cloth jacket and a warm cumbly, and this latter comfort is often humanely extended to the grass cutters, and others of the inferior menials. The pay of a Horsekeeper is six and a half to seven Rupees, grass-cutters get four Rupees, other servant's pay of course varies very much according to their qualifications. There is a Gardener resident at most houses, whose pay is five Ru-

pees, which is sometimes included in the rent named by the landlord. Houses are let by the month or longer, as parties may agree, and the rent is reduced if taken for six or twelve months certain. A house with two sitting rooms, two bed rooms with dressing and bath-rooms, &c. &c. may be got for about 60 or 70 Rupees a month; there are several smaller houses which let for 30 or 40, but they are usually either in bad situations, or in bad repair. The highest rented houses vary from 150 to 250 Rupees per month, and these are generally better built, better furnished, and better situated than the smaller class; therefore it is very desirable to rent them in preference to small ones, even though larger than may be actually required. All the houses have Garden ground about them, and many are kept in very nice order.

The climate and soil of the Hills is so highly favourable to Horticulture, that in a few months a bare spot of ground may be converted into a very pretty and productive garden, as I have often seen—and with the least care and trouble imaginable; almost every seed that is sown, and every cutting, (however rudely stuck into the ground,) germinates and flourishes; and the finest vegetables and most beautiful bouquets of flowers, may be gathered from them in the course of a few weeks, without almost any attention taken after they are planted; that is, during the favourable season, from March till October, at Ootacamund; at the out-stations they flourish all the year round. I have seen, I think, larger Cauliflowers, Carrots, Turnips, Cabbages, and Celery, from gardens there, than I ever saw at home; and many of the English Greenhouse and other flowers, excel those grown in ordinary gardens in England. The Geraniums, Heartsease, Heliotrope, Verbena, Fuschia and Sweet-pea, are remarkably fine; there are also the lovely Violet and the simple Daisy, nor must I overlook the modest Oxalis and fragrant Migionette; and still not least of all these in beauty, is the Cluster Rose. Apples are grown

on the Hills, and I have tasted some, particularly at Billycull, which although not very large were of excellent flavour; the Peaches too are tolerably fine at Coonoor, and very abundant, there are also very good Strawberries in the season. The only wild fruits which are palatable, are, the Hill Gooseberry, which is a pretty little fruit of a peculiar and very agreeable flavour, and very wholesome; the varieties of Blackberry, which are not very good, except for preserve and tarts, and a small yellow fruit about the size and appearance of an English Bullace, and of a sub acid pleasant taste; all these fruits are very abundant. Mushrooms are plentiful in the rainy season.

There is a very good market at Ootacamund, held every Tuesday, which is well supplied by all the common productions of the low country, and these are chiefly brought up the Coonoor Ghaut from the Coimbatore district. Sheep, Pigs, Geese, Ducks, and Turkeys, are also driven up from time to time according to the demand. Oxen are kept and fed upon the Hills, but Sheep do not do well there. The Butchers' meat is superior to that generally met with in the plains, and its good quality is vastly enhanced by being enabled to hang it for two or three weeks. The best beef is two annas per lb., a good Sheep two and half to three Rupees, inferior may be got of both at half the price; a great deal of Pork is consumed on the Hills, both fresh and salted, and of very good quality; fresh Pork is three or four Annas a pound. Poultry is higher priced than below, as are of course all the low country productions. Gram, (Coultee) varies very much in price, I have known it as low as 36 measures (Madras Seers) the Rupee, and as high as 12, usually it is from 20 to 30. Straw for Horses is about the same as at Madras, Fern leaves are occasionally used for bedding, but some horses eat them, and get out of health in consequence. The Bread hitherto has been very bad on

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the Hills, owing I believe to the difficulty of getting good Toddy to leaven it—in consequence of which many families were supplied by the Coimbatore bakers, once or twice a week, and generally speaking it was excellent Bread, the best and most wholesome I have ever met with in India. A new bakery has lately been established at Ootacamund, and the article supplied is more generally approved. Both Butter and Milk are excellent on the Hills, the former is one and a quarter Rupee per lb. from the best Dairies, and Cows Milk 10 or 12 bottles the Rupee. Beer, Wines, and Spirits, should be got from Bangalore, or Madras; also Tea. Excellent Sugar can now be 'got, (the produce of the Astagram Factory,) at Ootacamund, and very superior Coffee is grown on the Hills, and sold in the bazaar at a low rate.

There is a good Boarding School for boys at Ootacamund, superintended by a Clergyman of the Established Church, as also one for girls kept by two maiden Ladies, both are well conducted and highly spoken of; besides these there are two or three Infant Schools for the children of respectable persons, and a girls' and boys' Charity School supported by voluntary subscriptions. It has often been matter of surprise to me that there are not more Schools on the Hills, or rather that parents in the Plains, do not more frequently send their children to the Hills—considering that it is perhaps the very finest climate for young people in the known world,—instead of keeping them in the low country, where even if they live, it is a wretched life for the little creatures; and in place of presenting the fine healthy aspect which children on the Hills always have, they look puny, half-saved beings, with scarcely any red blood in their veins. Parents hardly seem aware of how much consequence it is to the future adult, that every encouragement should be given for a robust and physical development of their offspring during infancy and childhood, and yet this is a fact every day observable among both animals and vegetables—if a plant

gets any way injured in its early life, or is reared in a climate or soil unsuitable the tree is uniformly stunted, weakly and unseemly; and who has not seen the same thing among the young of our domestic animals? It may be objected that placing children on the Hills to board and educate, is not within the means of many, but although this may be the case with some, I doubt if it is a valid reason generally; the terms are not extravagant as far as I know in either establishment, and when put in comparison with the advantages to be gained, are not worth debating about.

There is a Chaplain resident at Ootacamund, and there are two Catholic Priests, besides a variety of Missionaries, who come and go, chiefly Germans. Besides these functionaries, there are two Medical Officers at Ootacamund, and one at Coonoor; a Commanding Officer, who is also the Police Magistrate, with the usual subordinates; and an Officer selected from among those on Sick Certificate to superintend the roads. The police Magistrate sits daily, except Sundays and holidays, at the Public Office to decide cases: he also receives the pay of Officers on the Hills, which is usually sent up from Coimbatore about the 20th of each month. Civilians get their pay direct from Coimbatore much earlier. The Post Office is under the same roof, or adjoins the Public Office—upon which is placed a Flag Staff, whence the arrival and departure of the Overland and other Mails is intimated, as also the arrival of Pay; and the Commanding Officer hoists a flag at the mast head when he is present at Office, for the convenience and information of the community. There is a Protestant Church at Ootacamund, besides other religious buildings, as also a Hospital and Dispensary.

Within the last three years a piece of ground has been set apart by Government for Horticultural purposes, of which a Superintendent from England is in charge; the princi-

pal object is I believe to introduce European and other plants, and so test the possibility of naturalizing them on the Neilgherries, it is also intended to be a sort of depôt from which seeds, &c. &c. may be obtained by persons who subscribe, and are living away from the Hills. Subscribers upon the Hills have also the same advantage, and in addition, can be supplied with the vegetable produce of the Garden. It is supposed that most of the European fruits will eventually be produced on the Hills.

It is advisable for all persons on first coming to the Hills to take a little Medicine, perhaps Calomel, or Blue Pill, and Colocynth are the best—and this will require to be repeated occasionally, in consequence of the tendency there is to obstruction in the Liver. The Pills I have found adapted to almost all persons, consist of Calomel one grain, Scammony one grain, and Extract of Colocynth five grains; two of these may be taken at bed time as a dose—they generally act copiously and speedily, without any draught in the morning, which is a strong recommendation—for delicate persons Colocynth and Blue Pill, of each three or four grains, forms a good dose.

People dine at all hours on the Hills as they do in the low country, but I would recommend seven o'clock as the best for promoting digestion, and a good night's rest. It is a very common thing for people to sleep badly on the Hills (even when in good health,) and to lie awake several hours during the night, but it does not appear to injure their health, nor can I account for this wakefulness, unless it be owing to the stimulating quality of the air.

With regard to baths, cold bathing does very well for children who are in good health, and even agrees with some grown persons, but it is apt to check the secretion of bile, and to

produce Rheumatism—so that I think as a general rule, tepid water is the safest. Those who experience much chilliness on the Hills in spite of being well clothed, will find a few cold baths in the morning remove it. They should be careful however to be well rubbed after the bath, and then take a short walk to induce a proper flow or reaction on the skin. It is not uncommon for persons to suffer from Diarrhœa when they first go to the Hills, owing to the fluid which in the low country passed off by the skin, being checked in its exit there, and consequently determined to the bowels; this looseness however need not excite much attention, unless excessive, or attended by other prejudicial circumstances. Some persons are subject to an itching eruption on the skin, generally over the arms or legs, particularly during the dry months; it is mere irritation from the dryness of the air, and a little Salad Oil is a very good application; no soap should be used.

With regard to early rising—although the mornings are most delightful—I do not consider it essential to health, as it is in the low country; seven is a very good hour to get up, by which time the heat of the sun has dissipated the vapours of the night, and softened the temperature of the air—and this is perhaps an advantage for persons in delicate health. Very young children, especially if in arms, should never be sent out before seven, the cold is too great, and the contrast of the chilly external air, with the warmth of the bedroom which has been just left, is injurious; and apt to cause Diarrhœa, Dysentery, and other disorders. Children old enough to run about freely the moment they get out, of course are less like to suffer from the cold of the early dawn; but parents should be careful to send them out under the controul of a trustworthy person, otherwise they often sit and stand about on the cold wet ground, and illness results.

Neither children nor grown persons should be exposed much to the heat of the sun, for although not so much *felt* as

in the low country, it is scarcely less injurious; and this may well be expected, since Ootacamund is only eleven degrees from the equator, and when there is no cloud, the rarefied state of the air offers far less obstruction to the passage of the sun's heat than the atmosphere below; coup de soliel is not unfrequent on the Neilgherries, I remember at this moment four or five instances during the time I was on duty there.

I do not know that any particular restrictions as to eating and drinking are necessary on the Hills, provided the individual is well; none I mean arising from the climate. Beer and Wine are less cared for than below perhaps, owing to the improved vigour of the system, and the excellent state of the appetite, which by the by to new comers, is sometimes inconveniently great, and should be checked a little; it generally wears off in a few weeks and becomes natural. If vegetables are largely consumed, Diarrhœa is likely to follow, but this is of little consequence, and the remedy is obvious.

It is pretty generally thought desirable that persons coming to the Hills, particularly if very delicate, should sojourn for a time at one of the out-stations, under the impression that the sudden change from the hot climate below, to the cold one at Ootacamund, would be prejudicial; and I confess that this opinion has the stamp of truth upon its surface—but my experience and observation, during the two and a half years I was on duty there, and in charge of the out-stations, does not confirm it. There have been I am aware some one or two seeming instances of late to support this opinion, but I submit that there were no really practical grounds to sustain it; at the same time I will not say there may not be rare instances, where the state of a persons health is such, that he or she might be sent with advantage to Coonoor or Kotagherry, and not to Ootacamund; but I do not remember to have met with one. It may be desirable, and often is, to send patients

out from Ootacamund for change of air, and on account of the seasons; some being unable to bear the wet season, and others the dry one, but this is a different case, and not dependant upon temperature, but idiosyncracy in individuals, which can only be known when proved, and would of course be attended to by the Medical attendant at Ootacamund. I think that if a case is fit for the Hills at all, Ootacamund is the best place to go to, and if under proper management patients will not recover there, neither will they at the out-stations, and ought not to have been sent to the Hills.

The climate of the out-stations is most agreeable to the feelings, far more so perhaps than that of Ootacamund, generally, and for people in health, I would prefer it; but as a *remedy*, to invigorate a shattered nervous system, and restore the tone of organs which have long pined under the incubus of a temperature nearly at blood heat; they are very inferior to the principal station. I have often suffered myself, and have heard others remark, the sense of depression felt on reaching the out-stations from Ootacamund, and the returning energy and vigour experienced, as soon as the more elevated ground was arrived at, coming from them again. Cases of fever sometimes occur at Coonoor apparently induced or developed by the climate there—this is not extraordinary—for besides the difference of nearly 2,000 feet between it and Ootacamund, Coonoor is situated upon the very crest of the Hills overlooking the low country, the consequence of which is, that the heated vapour from the plains, which is continually rising up the ghaut, and carrying along with it all the malaria of the feverish jungles below, overspreads Coonoor and envelops the houses; comparatively speaking very little changed by intermixture with the more pure atmosphere of the plateau of the Hills. At one period of the year this is so much the case, that sometimes for the whole day, nay for days together, one house cannot be seen from the other,

through the volumes of half condensed vapour which is seen rolling perpetually up the ghaut, and which becomes dissipated on rising above Coonoor. The same remarks apply to Kotagherry in a somewhat modified degree. Dr. Birch says—"Coonoor is only 6,000 feet high, is just at the summit of the ghaut, which is covered with thick jungle and is sometimes feverish, therefore objectionable as a station—although as far as external feeling is concerned, it is in the main as agreeable as the other places." Speaking of diseases peculiar to the Neilgherries, he says—"Two instances of bilious remittent fever are recorded as having occurred at Kotagherry, without previous exposure to malaria in the low country, *both were fatal*," but adds, "that he looks upon their occurrence rather as an exception, than tending to establish the fact that Kotagherry is *usually* productive of bilious remittent fever." The italics are mine—fevers of this kind have also occurred at Coonoor, which argues strongly against patients being sent there, any more than to Kotagherry, unless at particular seasons. Little or none of this low country air can reach Ootacamund, which is 10 miles distant from one place and 18 from the other, in fact Ootacamund is pretty nearly in the centre of the Hills, as well as being the most elevated ground. I would wish it to be clearly understood however, that the opinion I have here given, is with all proper deference to those whose judgment and experience have led them to a different conclusion.

Every man who goes to the Hills and purposes remaining there for any length of time, should be provided with some means of employing his time, and have some pursuits or resources, to which he can always have recourse, in order to prevent the ennui to which otherwise he may expect to be more or less a prey. Those who can sketch, may find endless scenes of picturesque beauty and loveliness, which will well repay the time bestowed in delineating them; others fond of natural

history, may collect the Birds, Insects, &c. which are nearly all more or less peculiar to the locality they inhabit; for although this has been done already to a certain extent, there is ample field for exercising the ingenuity of new observers, particularly in marking the habits and general economy of those most interesting departments of Zoology; for no two men ever seem either to see or describe, the same operations in the same way. Botanists will be interested in finding on these lovely Hills a Flora also varying exceedingly from that of the low country as well as from that of elevated regions in other latitudes. The Lichens, Mosses, and Ferns, are particularly varied and beautiful; I do not know any thing more striking on the Neilgherries, than the endless variations in the shading of the foliage of the trees, and the magnificent array of Mosses and Lichens, with which they are clothed. Towards sunset, especially, these changes of light and shade may be seen imperceptibly growing into each other; and exhibiting the most exquisite softness in the gradations of tint, from dark to light green, interspersed with shadings of brown, red, and yellow, and forming altogether a most charming and unusual landscape—recalling to one's mind Pope's beautiful lines in his Poem of Windsor Forest, where he says—

"The groves of Eden, vanished now so long,
Live in description, and look green in song;
There, were my breast inspired with equal flame,
Like them in beauty, should be like in fame,
Here hills and vales, the woodland and the plain,
Here earth and water seem to strive again;
Not chaos-like together crushed and bruised,
But as the world, harmoniously confused;
When order in variety we see,
And where though all things differ, all agree.
Here waving groves, a chequered scene display,
And part admit and part exclude the day;
As some coy nymph her lover's warm address,
Nor quite indulges, nor can quite repress.
There interspers'd in lawns and opening glades
Thin trees arise that sun each other's shades.
Here in full light the russet plains extend;
There, wrapp'd in clouds the bluish hills ascend."

These lines are so singularly descriptive of the characteristic scenery on the Hills, that the portrait could hardly have been more like had Pope written them on the spot.

I can never forget my first impression when reaching the out-station of Coonoor a few years ago, from Mattapolium. The joyous wonder and delight which I felt, in so suddenly emerging from the burning plains beneath, with all their tropical features, upon a soil where every step I took fondly recalled to memory the most agreeable associations of my father-land; quite overwhelmed me with pleasure—it seemed notwithstanding the florid accounts I had heard of the Hills—that I had found a Paradise upon earth, and I could scarce realize in my mind the truth of what I saw. The hill sides covered with beautiful ferns; the trees with different kinds of moss, and the road-side lined with the dock, the south-thistle, and many other common European weeds; and to complete the picture of an English home, were seen here and there upon the elevations, thatched cottages, with chimneys from which the smoke was issuing; and round about them were flower gardens, with hedges of Geranium, and other English Greenhouse plants. The effect of the whole scene was perhaps somewhat enhanced in my imagination, from the extraordinary exhilaration of spirits, and increase of physical power which I experienced; as the mere consequence of change of climate. I had come up from my station, then Combaconum, on sick certificate to the Hills, on account of a chronic affection of the bowels, of long standing, and on arrival at Mattapolium, I was so weakened by the disease, and the fatigue of the journey, that it was with difficulty I could walk the verandah of the Bungalow. I had my horse, as well as a Palanqueen for ascending the Ghaut, and when about half way up, it became so slippery from a drizzling rain, and moreover so steep, that the bearers declared they could not go on, and asked me to mount my horse; seeing the difficulty

there was for them to maintain their footing; I got out and mounted my horse, but ere I had ridden 10 minutes felt faint from the exertion, and again took to the Palkee; the road being rather more easy of ascent, they carried me on perhaps a mile or more, when I was again requested to mount my horse; on this second trial I found myself decidedly invigorated, and as I drew nearer to the top of the Ghaut, so I found nerve and strength returning, and the result was, that I rode in the whole way to the hotel at Coonoor—some four or five miles—and on arrival there scarcely even felt fatigued; my appetite, which for a long time had been at Zero, was suddenly as keen as a hunter's, and as soon as dinner could be got ready, I sat down and ate with as much relish, and as heartily, as I ever did in my life; added to this, I took an hour's walk in the evening without fatigue, went to bed at nine o'clock, and slept well. This extraordinary energy continued for about 10 days or a fortnight, when it gradually left me to a certain extent; but still, notwithstanding the continuance of the local disease, I remained tolerably strong, and with a sufficient appetite, up to the day of my quitting Coonoor again for the low country, a period of two months. No improvement took place in my ailment—on the contrary—but I think this was partly owing to an improper management of myself, having continued to drink Beer and Wine, and eat meat and curry, &c. &c., during the whole time of my sojourn at Coonoor. I am the more inclined, to attribute the failure of cure to error in diet, because when I got a similar, but much more severe attack at Ootacamund subsequently—when on duty there—I was completely restored to health within two months, owing as I believe to a more rigid system of diet, and better mode of treatment; and which I adopted in consequence of having found it effectual on the previous occasion, under the judicious superintendence of a well known practitioner at Madras. I have indulged in this relation of my own case

at the risk of being convicted of egotism ; because I think an example of this kind gives a more faithful, and comprehensible view of the magical effect of the climate of the Neilgherry Hills, than any mere abstract history can do—and although this amount of nervous excitement is not always produced in persons on going to the Hills for the first time, yet I know that, more or less, almost all feel it. On my second visit to the Hills on duty, I scarcely experienced it at all, which was perhaps owing to my mind being preoccupied with the duties then devolving upon me.

Sportsmen who are keen hands, and understand how and where to meet with the various kinds of game, find ample amusement on the Hills, during the drier seasons particularly. There are Elephants, Bison, Tigers, Cheetas, Bears, Elk or Samba, Jungle sheep, Ibex, Hares, Hog, Woodcock, Snipe, Pea-fowl, Jungle-fowl, Spur-fowl, Wild pigeons, and Quail ; and I may add as not strictly game, perhaps, Wild Dogs and Jackalls.

Elephants and Bison are only found at certain seasons on the plateau of the Hills, and generally about the lower ranges of the Koondah mountains, between Mayloor and Sispara ; they come up to feed upon the young grass and other herbage, after the dry season is over, about May and June. When out in that neighbourhood in February, their tracks and other marks shewed that numbers had been there some months before, but I am not aware that either Elephants or Bison have ever been shot upon the Hills.

The Royal Tigers seen upon the Hills, appear to be temporary visitors from the low country, and inferior ranges ; for at times they seem pretty numerous, whilst for months again one is never seen nor heard of. During the time I was resident there, only one was known to have come

into the Cantonment, which one killed a Buffalo close to Fern Hill. I believe, however, a party of gentlemen out on a shooting excursion near the Koondahs, the same year, turned three at one time out of a small wood, or Sholah, as they are called there; and since I left, it is reported that a Tiger seized a woman close to "Tiger Hall," in the open day. Many have been shot from time to time, the last I think was killed about four miles from Ootacamund, near "Fair Lawns" by Lord Gifford, in 1847.

Cheetas are very commonly found prowling about the Sholahs near Ootacamund, and occasionally carry off the dogs of gentlemen wandering over the Hills, but although very bold, they are equally cunning, and are seldom killed. Bears of a large size are numerous, and frequent the lower ranges of the Hills, particularly between Coonoor and Kotagherry, and beyond those places, on each side; they are not difficult to be met with, but the pursuit is very laborious and not without danger.

Elk or rather Samba, are very plentiful in certain localities, and I believe one of their most favourite resorts is "Mayloor," situated near, and to the right of the "Kotary Falls." I have seen six full grown animals turned out there within an hour, from one small Sholah and ravine. There are three ways in which they may be shot—they may either be driven out of the Sholahs by Coolies and dogs, or they may be stalked, or thirdly, be marked down. To drive them out of the woods, a dozen Coolies with Tom Toms and dogs are necessary, and there should be at least two Sportsmen, one for each side of the Sholah; the Samba generally break towards the middle or upper part, and run (like a Hare) up hill; the Shikarees will generally point out which is the best place for the Sportsman to remain at. Any period of the day will serve equally well for this plan. In stalking, the sportsman should go out alone,

that is, without any other rifleman ; having only the Shikaree, and a cooly to carry a second gun, and if he rides, his Horse or Pony should be left behind, as soon as the game is perceived, otherwise the wariness of the animal will render all his efforts to get within shot fruitless ; his dress should be of some inconspicuous shade of brown or green. The best time to go out is towards sunset, when the Samba come out upon the Hill sides to graze. The third method I have alluded to, is perhaps most successful, and least laborious. The plan is to engage a dozen of the country people, (Burghers) to go out in parties of three each in various directions, before sunrise, and watch the Samba into their resting places—where they remain all day if not disturbed—(as it is the habit of the animal to come out in the evening and wander about feeding the whole night, and to retire to its lair at sunrise.) As soon as the spies have marked down one or two, they come quickly back and inform the sportsman, who goes out at his leisure to the spot pointed out by them, and of course makes certain of finding, even if he cannot bag his game. Unless mortally wounded, they generally manage to escape, and a couple of good strong Hill dogs, or setters, would be very useful to secure them after being wounded. A friend of mine bagged ten or a dozen at this place in the early part of the present year, in a very short time.

" Chinna Coonoor," a place about 10 miles North East of Ootacamund, is also a favourite resort for large game, but it is rather feverish.

Hogs are not very plentiful, and are difficult to get at with the rifle, and there is no open country adapted for spearing.

Ibex may be found on the Koondah mountains, they frequent the highest peaks and most precipitous ridges, jumping from crag to crag in the most fearless and wonderful way, and

where, if they missed their footing, they would be precipitated perhaps two or three thousand feet into the abyss below; but nature has endowed them with such an extraordinary faculty for maintaining their equilibrium, upon any point where they can set their feet, that I fancy none are ever killed by accidents of this kind. They are extremely shy, and can only be approached within gun-shot by coming suddenly upon them from behind some intervening object—they are often seen upon the tops of the Hills near the Avalanche Bungalow; and within the last year, a Bombay gentleman who was staying at the Bungalow on a sporting trip, shot four or five on the Hill opposite, within the space of two or three hours.

The game for which the Hills are most celebrated, is the Woodcock; they come in about November, and remain till March or later; frequenting those Sholahs upon the plateau of the Hills, which have more or less swampy ground within them, upon which they feed, as Snipe do, outside; the only difference in the habits of the two seems, that one likes to be sheltered and the other does not, both species come, and both leave the Hills about the same time. The solitary Snipe, which is occasionally met with in known localities on the Hills, appears to partake of the character of both Woodcock and Snipe, forming a link in the creation between them, it is found both inside and outside the Sholahs, and has all the appearance of a small Woodcock. The Jack Snipe is also found now and then in the swamps frequented by the common Snipe, and is smaller than this latter. Any man who can shoot tolerably well, may with proper dogs and enough coolies, kill 150 Woodcocks during the season, provided he gives himself up entirely to the sport, and goes out every day, or nearly so; but ordinarily, it is considered a very fair bag to bring home three or four birds in the day, six or eight have been I believe killed in one day, by one

person, even within these two years, but this is not commonly done ; four or five couples of Snipe may also be got in the swamps, about, and in Ootacamund, without much difficulty in a morning, and a very good shot will kill eight or ten couples. Hares are plentiful, three or four are often bagged in the day by one person. Quail —the small kind—are most abundant ; and found chiefly in cultivated grounds. Pea-fowl are common in the woods about Hoolicul Droog, Katary, and Mayloor, as also Jungle-fowl, but they are not shot in great numbers, owing to the difficulty in getting them out of the Jungles. In order to ensure success, the most essential point is to procure a good Shikaree, a man who not only knows where the different kinds of game are to be found, and how to get at them, but one who is zealous and active in managing the coolies employed in beating the Jungles ; a good Shikaree and half a dozen good coolies, who have been accustomed to the work, will provide very fair amusement, and ensure tolerable success to any sportsman, if he can play his own part in the drama creditably; but without these necessary aids, he may toil day after day and get little or nothing. Dogs are not at all essential for Woodcock shooting on the Hills, in fact generally speaking, I think more game may be killed without them, unless they are first-rate and well trained, but two or three are useful sometimes in finding a wounded bird, which would otherwise escape. A Woodcock once sprung has very little chance of escape among these small Sholahs; if precautions are taken to place two or three people on the high ground about the Sholah, to mark him down in the event of his getting away, they seldom fly far, and never move apparently from the place in which they settle, and so are easily put up again, when the woods are extensive it is a more difficult matter, and then dogs are more useful than coolies in finding them. As they are always found in the wet swampy part of a Sholah, it follows that as a general rule, this will be

near the bottom, as almost all Sholahs or Woods on the Hills, occupy the space between two neighbouring rising grounds, and run from top to bottom in the sort of ravine formed by their junction. The Woodcock has a peculiar, noiseless, airy, but at the same rapid and uncertain flight, not very unlike the Caprimulgus or Goatsucker, which is often seen in the evening in India, flitting about at twilight—they are difficult to shoot at first, as they appear to fly very slowly, which deceives the marksman; and their approach is not heard, so that one knows not where to expect them; moreover they often dodge in, and about the trees at the margin of the Sholah so quickly, as to give very little time for taking aim; a little practice however soon overcomes the difficulty, and the unfortunate bird's doom is all but certain, either on that day or some other. I imagine very few escape of the number which annually migrate to the Hills.

Woodcock shooting on the Hills is uncommonly seductive, the excitement and anxiety for a sight of the bird, when you hear the sharp exclamation of the Coolies within the Sholah of "Oodkāk" "Oodkāk"—is only equalled in my experience by the view holloa of "Tally ho!" "gone away!" in Fox-hunting at home. There is something too, inexpressibly satisfactory in gazing upon the victim when bagged, he looks so aristocratic, so game-like, and indeed is intrinsically a noble looking, beautiful bird; at least to the eye of a Sportsman. The first I ever shot—and I shot but few—was said to be the largest ever killed on the Hills, it was on the 26th of February, about half way between Ootacamund and Crore-mund; it weighed 13 ounces and a quarter, and although rather late in the season for them in that locality, I was lucky enough to get three that day: towards the end of February they leave very much, the Eastern parts of the Hills, and collect about the Koondahs, previous to their departure. The neighbourhood of Dodapet, Crore-mund, Pykerah, and the Koondah

mountains generally, are the favourite resorts of Woodcock; though they are often killed quite close to the houses at Ootacamund.

Snipe may be found in nearly all the swamps, and particularly beyond, and to the right of Katary, towards Mayloor.

Hares are sure to be found every where upon the borders of cultivated ground, and there are some favourite Sholahs for Hare shooting, about three or four miles nearly due West of Ootacamund, on the road to Makoonty Peak, but a pack of good Spaniels is necessary to turn them out; and there should be at least two guns, one on each side the wood, even four would be better, as they as often break cover at the tops, as at the bottoms of Sholahs. Hares on the Hills are nearly or quite equal in flavour, if dressed well, to the English ones; but they are not so large.

Those who are fond of coursing, will find excellent sport with the Jackalls, which are pretty numerous about Ootacamund; and are found lying out upon the open ground, generally on the sheltered sides of Hills, or in hollows near their summits; all the ground about the Seegoor and Pykerah roads is practicable for a good run, and two or three Jackalls may always be found in a morning. Two couples, or more, of good strong Greyhounds, are necessary to afford successful sport two or three times a week. I think a rather small strong dog, is better adapted for the uneven ground on the Hills, than the larger breeds; and they should be somewhat practised, by riding with them up and down the Hills, before they are slipped after Jackalls, otherwise their wind fails them, and they are liable to knock up, and become useless. It is a good plan also to have a terrier with you, as the game often runs to earth, among rocks, into drains, &c. &c. The Jackall of the Hills, like all the Aborigines of that invigorating region,

is a very superior looking animal to the mangy, half starved brute, usually seen in the low country; he looks sleek and well-fed, exhibits a good deal of boldness and confidence—unless frequently hunted—when he soon finds out that discretion is the better part of valour; and the old hands no sooner see a horseman, with the ghost of a dog behind him, than they are up and off, as hard as their legs can carry them. I think Jackall coursing one of the finest sports on the Neilgherries.

When going out any distance on shooting excursions, the best animal for riding, is a small Mahratta Pony; as they can often cross over swampy ground, which a larger animal would be mired in; besides that they are very hardy, very cheap, and very enduring. For coursing, horses are better, as more speedy than most Ponies; and it is an advantage being well raised, to keep the Jackall in view over the Hills when running.

Every person who goes to the Hills, should go prepared and determined to go out every day in all weathers; and to do this, it is necessary to have sufficient changes of whole suits of any common material, besides a waterproof cloak or coat, and gaiters; which can in doubtful weather be strapped on, in a leathern case or valise, to the front of the saddle; during the whole time I was on the Hills, I was wet through but once, owing to my adopting this latter arrangement. Exercise and fresh air are of the first consequence in promoting health; and no treatment, medical, moral, or domestic, will compensate the want of it. Ladies who repair to the Neilgherries—if they cannot already ride—should at once commence to learn, provided their health and other circumstances admit of it; otherwise they lose half the advantage in a sanitary point of view, besides being deprived of the very great pleasure of riding over the Hills, and viewing the scenery, and other beauties. Since the advent of the present

worthy Collector of Coimbatore, the facilities for this healthful amusement have been very much improved, by very good riding roads having been cut for many miles, over the prettiest parts of the Hills in the neighbourhood of Ootacamund; so that ladies and gentlemen may now ride with comfort and safety, which they could only do to a very limited extent formerly. There are now roads of this kind from Ootacamund to Manamund, Snowdon, Dodapet—as well as between these two latter conspicuous mountains—also from Ootacamund to Fair-Lawns, and thence to Love-dale; besides others of less note. Perhaps the most picturesque and complete view of Ootacamund, is from the bridle way between Dodapet and Snowdon, from what is called "One Tree Hill," (there being a single and most beautiful tree at that point, with its arms and branchlets completely enveloped in various kinds of Lichen, Moss, and Orchideous parasitic plants,) and the best time for the view is just before sunset. There is another good view of Ootacamund and the Lake, from a point in a road leading over the North Western face of Elk Hill; again from the road to Dodapet behind Walthamstom, and another, very different to any of the foregoing, from the summit of a high hill behind the Club-house. The ordinary drive at Ootacamund is round the Lake; it is a very good road, broad enough for two vehicles to pass easily, and exactly six miles in length; there is an upper and lower road the latter nearly a level all the way. Individuals who are not likely to be able to ride, should take with them some kind of light carriage; the best adapted is perhaps a Pony Phæton, well provided with the means of keeping out the rain.

There is no place of public resort corresponding to the "Bands" at the large stations in the low country, it would be a great advantage if it were possible to establish something of the kind. This however is not very likely—

for owing to the never ceasing migration of people, to and from the Hills, it would be difficult, or perhaps impracticable, to keep up a succession of subscribers. From the above-mentioned cause too, society, and the degrees of sociability are very variable; at times gaiety is the order of the day, and you hear of nothing but Balls, Pic-nics and dinner parties; then again "a change comes o'er the spirit of their dream," and dulness reigns supreme. Sickness and bad weather, are strongly opposed to gaiety and good humour every where, and here there is a vast deal of both; one of the great objections to residing at a Sanatarium, is being constantly exposed to the complaints and melancholy visages of the invalids who resort there; and indeed it requires some little nerve to resist the contagion of the prevailing endemic, and be assured, that oneself is not also a prey to some one of the thousand ills that flesh is heir to.

There is generally a good proportion of Bombay people visiting the Hills—perhaps about a sixth of the community—upon the average.—They do not usually associate so freely with the "Benighted" as might perhaps be wished; this is no doubt in part owing to their having in many cases known the members of their own Presidency more or less previously; and therefore do not care to make new acquaintance, partly too, to the circumstance of the difference in etiquette observed in Bombay, as regards calling, which is just the reverse of Madras; this is perhaps not always known to new comers of either Presidency, and as each waits for the other to call first, the result often is, that no acquaintance takes place; but besides these causes of unsociability, which of course may be supposed to affect the Bombay and Madras people equally, I think there is often a tint of jealousy on the part of the "Ducks"—from what I have observed—and some annoyance felt occasionally, in being obliged to submit to the orders of the Madras authorities when upon the Hills. At any rate, whatever the causes

may be, they form in some measure a separate party, and visit chiefly with those of their own Presidency.

A gentleman who has lately purchased several houses on the Hills, and consequently owns a considerable share of the ground in Ootacamund; has commenced—and I believe intends going on—to plant the whole of it closely with the Australian Mimosa, which has become naturalized there, and grows with very great rapidity. He expects to find the speculation profitable hereafter in the production of firewood; in which I think for various reasons which need not be enumerated, he will be disappointed—should he succeed in rearing the trees eventually, it will perhaps be rather a circumstance to lament, than rejoice at, as far as the public are concerned, as it will most certainly modify the climate of Ootacamund, and that too in my opinion very prejudicially, inasmuch as it will render it more damp, and colder, and to tend to the production of disease; the evil however would probably be its own remedy, for no sooner would visitors find that living in the midst of a high close plantation, was unhealthy, than they would cease to rent the houses so situated.

Most of the houses at Ootacamund are well supplied with good water, but some few are so placed as not to admit of any rivulet being conducted through their premises. The occupants of these are consequently obliged to keep Coolies, or a Bheasty, to fetch water from the nearest spring; which adds virtually to the rental of the house.

There are numerous springs and currents of water in Ootacamund, in fact all the higher hills, particularly those clothed with forest, produce them; and the water is unexceptionable. Some of those in the low ground are strongly impregnated with Iron, forming a very agreeable and excellent chalybeate for delicate persons, whose ailments require such

a remedy; the best I know of, is in a garden belonging to Major Ottley, near Charing Cross. I frequently prescribed it to my patients when at Ootacamund—in preference to the preparations in ordinary use—and I should think if a sort of "Pump room" were established on the spot, and supplied with other attractions, such as Books, Chess, Billiards, and so forth, and so conducted that ladies could frequent the rooms without impropriety or annoyance, that it would answer very well; and serve as a focus of reunion for the community—and a small Band might perhaps be established eventually. All this of course would require an outlay of capital; but if well managed, would in due time perhaps be a valuable property to the owner, as well as beneficial to the public. The garden should be nicely laid out with here and there an *Alcove*, instead of, as Goldsmith prettily says—

> "The *Hawthorn bush* with *seats* beneath the *shade*,
> For talking age and whispering lovers made!"

It might be objected to an establishment of this kind, that it would lead to an *increased* amount of scandal, but I should doubt the possibility at Ootacamund. This vice is a natural curse to the place—owing chiefly to the total absence of employment among its inhabitants—and is as much a consequence of such a state of things as exists there, as the formation of the Lake was, to the damming up of its original channel. When people have nothing they *must* do, they are very apt—even the best disposed—unless they have resources of their own—to fly to any alternative which affords the most trifling scintilla of excitement, to relieve the monotony with which they are oppressed; and in limited societies, where the members are all some way or other known to each other, their sayings and doings offer a most fertile and tempting field for gossip, and mischievous tattling; and once set agoing—like a ball of snow—there is no limit to its increase, so that the first founder would hardly recognize a fea-

ture of the ill-begotten imp—cast naked, (though well nurtured) upon the world—in the well developed monster of a nine days talk.

There are at least four distinct races of natives found upon the Hills, who may be called aboriginal; inasmuch as there is no certain record, or even tradition, of their first settlements. To only one of these is much interest attached, viz.—the Todars—the Barons of the soil—holding a sort of feudal superiority or prescriptive right, by virtue of which they claim a yearly tax from the Burgher tribe, who are the great agriculturists, and the most numerous. Notwithstanding all the investigation and enquiry, that this extraordinary Todar race has excited, nothing is yet known, and hardly a probable conjecture has been given, whence they are derived, or how long they have inhabited the Neilgherry Hills. I am inclined to think—reasoning by analogy—that they were probably the very first people who inhabited these Hills, that they have been there from time out of mind; and that the other races now found, are comparatively very recent settlers—that their superiority of expression and physical development, is due, not so much to their ancestors, as to a long hereditary existence, in so invigorating and healthy a climate as that of the Hills; because it is not only the Todars themselves who have this air of superiority, but their Buffaloes—which no doubt have co-existed with them—are just as remarkable as their masters, for their comparative beauty, and their noble exterior—and indeed the same principle may be observed to extend to the feathered natives of the Hills; the Lark, for instance, of the Neilgherries, is as much superior to its puny chirping brother of the plains, both in size and song, as can be conceived; and in fact approaches very closely both in appearance, and its habit of towering into the skies when singing, to the European bird; from these considerations it seems possible, that climate and locality, with the peculiar

circumstances necessarily attendant upon them, are capable of effecting in man and other classes of the creation, all the differences which we now see exhibited on the Hills, between the Todar, the Buffalo, and the Lark, of those regions, and the Hindoo, Buffalo, and Lark, of the plains—generations without number, must of course be supposed to pass away, each placed under the same circumstances, in order that such obvious distinctions may result from such natural causes.

The Todar race is now not numerous, and were they once reduced to the necessity of working for their bread, and placed on a footing with the Burghers and others, they would no doubt become rapidly extinct; for there is every reason to suppose that with their peculiar social habits, (one woman being common to a whole family of men,) that if they were exposed to the ordinary difficulties of gaining a livelihood, where there was competition, and consequently often scarcity and want; that the number born could by no means supply the loss in numbers of those carried off by disease, indigence, accidents, and other increased risks, to which their daily labour must expose them. And it is perhaps almost certain, that they owe their existence as a race up to this late period, entirely to the manorial rights, which it is acknowledged they have, and the advantages so derived.—For further information regarding this singular people, and the other natives of the Hills, I may refer the reader to Captain Ouchterlony's work already alluded to, where will be found all that is known regarding them.

I believe I have now said all that can be useful about this delightful resort—where the sick, the weak, and the weary, from the sultry heat of the plains—may cheerfully look forward with every hope of a perfect restoration to health, and a renewal of energy and vigour, both mental and bodily; if

they will only attend to the directions given them by their medical attendants on duty there, and not forget the preparatory cautions—which in a spirit of sympathy and goodwill to my fellow-countrymen in India—I have ventured to suggest; and in conclusion, I will only recommend every one who can "*do the doctors*" out of a Sick Certificate, (which is not very difficult now that medical committees are the order of the day) to go and add ten, or twenty years to his life, by a timely sojourn of a year or two, on the far-famed Mountains of Malabar.

THE FOLLOWING IS A SUMMARY OF THE POPULATION AS REPORTED IN CAPTAIN OUCHTERLONY'S SURVEY FOR 1848.

Europeans including children			342
East Indians	do	do	154
Hindoos	do	do	3045
Mussulmans	do	do	901
Pariahs	do	do	4941
Hill Tribes.	Todars	do	337
	Burghers	do	6569
	Kothers	do	307
	Eurelars	do	461
		Total..	17,057

LIST OF PLACES OF ACCOMMODATION FOR TRAVELLERS ON THE NEILGHERRIES, FROM THE SAME AUTHORITY.

	For Europeans.	For Natives.
Ootacamund	none	1
Coonoor	1	1
Kotagherry	none	none
Nedewuthum	1	none
Pykerah	1	none
Kulhutty	1	none
Nunjanaad	none	1
Berliar (Coonoor pass)	none	1
Avalanche	1	1
Kaitee	none	1
Total exclusive of the Koondahs	5	6

ABSTRACT *of* METEROLOGICAL OBSERVATIONS *made at Ootacamund on the Neilgherry Hills, from the 1st June 1829, to the 31st May 1836, inclusive—Latitude North 11° 25'—Longitude East 76° 45'—Height above the Sea 7,500 feet.*

NAMES OF THE MONTHS.	MEAN TEMPERATURE FROM THE 1ST JUNE 1835, TO 31ST MAY 1836, INCLUSIVE.							MEAN TEMPERATURE & QUANTITY OF RAIN—THE MEAN OF 7 YEARS FROM 1ST JUNE 1829 TO 31ST MAY 1836.						PREVAILING WINDS FOR EACH MONTH—THE MEAN OF SEVEN YEARS.
	Mean Temperature about 2 P. M.	Mean Temperature about sun rise.	Mean Temperature for the whole month.	Extreme range of Ther. From	Extreme range of Ther. To	Rain Pluviometer. Inches.	Rain Pluviometer. 100ths.	Mean Temperature about 2 P. M.	Mean Temperature about sun-rise.	Mean Temperature for the whole month in 7 years.			Rain. Inches.	Rain. 100ths.	WINDS.
June	62.	50.4	56.2	68.	46.	4	08	61.5	53.	57.2			6	51	South westerly.
July	63.4	50.	56 6	71.	46.	2	70	60.9	52.2	56.5			4	08	do.
August	64.2	50.6	56.2	68.	46.	6	26	61.6	51.6	56.6			5	13	Westerly.
September	65.3	50.8	56.8	72.	46.	9	29	62.3	52.	57.1			6	57	SW. NW. NE. SE. variable.
October	65.	50.2	56.8	68.	43.	6	21	62.	52.5	57.2			8	31	North easterly—variable from SE.
November	63.4	46.1	54.6	67.	39.	4	60	60.5	47.4	53.9			4	11	Easterly.
December	62.1	44.8	53.1	65.	33.	0	92	60.4	44.3	52.3			1	43	do. NE.
January	63.8	36.1	50.4	67.	31.	0	0	62.9	40.7	51.8			0	2	do. do.
February	63.8	39.8	51.9	67.	36.	0	75	64.2	43.4	53.8			0	39	do. do.
March	66.4	45.8	56.	70.	38.	0	07	67.3	48.2	57.8			0	97	do. do.
April	70.6	53.2	61.	76.	50.	1	51	67.2	54.3	59.8			4	22	SE. E. N. E.
May	69.6	55.8	61.8	75.	52.	5	55	67.9	54.3	61.6			5	83	SW. N. variable.
Annual Mean	64.9	47.8	56.			41	94	63.2	49 3	56.2 1/2			47	78	

APPENDIX.

Since penning the foregoing pages, it has been suggested to me by an Officer of rank and long experience in the service; that some remarks on the desirableness or otherwise, of locating European Troops on the Hills, would be a proper and perhaps useful Addendum; and although I have already given my opinion on some few points connected with this subject officially, I apprehend that the merits and demerits of a plan fraught with so much importance to the health and efficiency of the European Soldier in India, and consequently to the State; can hardly be too generally diffused. I propose therefore extracting the following remarks upon it from Captain Ouchterlony's and Dr. Birch's Reports on the Neilgherries before referred to—upon whose opinions I shall make such comments as appear called for—and conclude with a statement of my own views resulting from a careful consideration of the whole matter, and the experience of nearly 2½ years as an Executive Medical Officer there.

Captain Ouchterlony says at page 10.

The Valley of Jakatalla well sheltered.

"The climate of the Jakatalla Valley which I had occasion to recommend to the Most Noble the Marquis of Tweeddale for the site of the projected barracks for a European Regiment of Infantry, and which has I believe been approved of by Government, will I think be found a happy medium between those of the chief and lesser stations. It is well sheltered from the dry cutting Northerly winds which cause so much sickness in Ootacamund during the months of March and April, by the high Dodabetta range which bounds the valley to the Northward, and the rains of the S. W. monsoon,

Enjoys a very even and temperate climate.

though they of course visit this part of the Hills, are by no means so incessant or accompanied by so much driving mist as is experienced during the same season at Ootacamund."

And again at pages 68—69.

Health and diseases of Troops, with the presumed causes of healthy or diseased state, and the treatment, (not strictly medical) found to be useful.

"The impending measure for the location of European troops on these Hills will it is to be hoped before long furnish striking and favourable evidence upon this subject. At present it can only be inferred that the beneficial and renovating effect which even a few months' residence on them produces on the enfeebled constitutions of Officers, must in an equal degree be exerted on the condition of the private soldiers who may be sent to them; and that not only physically, but morally, since the constant out of doors employment and recreation which they would be enabled during the greater portion of the year to find and enjoy, would remove them from the influence of that most demoralizing of all agencies, the dull, monotonous irksomeness of the almost constant confinement to barracks, and of the life of utter idleness which they are compelled to in the plains. To the unfortunate wives and children of the European soldiery the effects of this wise measure will produce incalculable benefit, for it needs only to consult the tables of mortality in the records of almost any European Regiment serving in the plains to perceive that upon them, and the latter especially, the hardships and sufferings of a barrack life there fall with aggravated cruelty. Under the discipline of a good school, and with constant employment found for them, relieved by the healthful exercise which will always be within their reach, it is not too much to say that hundreds of lives may be annually saved, many too possibly to be devoted to the service of the state in the persons of useful and well educated servants. I think that on the first arrival of fresh troops on the Hills much care and attention will be necessary to adapt the habits of the men to the entirely new climate (comparatively speaking) in which they will find themselves, avoiding very early and very late Parades, and making all guards and sentries put on great-coats before sunset, and wear them till after sunrise, and generally keeping the men out of the influence of the night air as much as possible. The site which I have had occasion to recommend for the new Cantonment, in the Valley of Jakatalla, is situated at an elevation of 6,100 feet above the sea, and enjoys a most temperate and agreeable climate; but the rapid change of temperature which follows the withdrawal of

the Sun's rays there as in all other parts of the Hills, demands care and precaution especially in the case of men whose constitutions, and liver especially have become injured by long residence in the low country."—*Geographical and Statistical Memoir of a Survey of the Neilgherry Mountains, by Captain J. Ouchterlony.*

Dr. Birch remarks at page 89 of the Madras Journal of Literature and Science for July 1838.

"In the neighbourhood of Ootacamund, there is open ground enough for locating troops, but few spots sufficiently level for the ordinary duties of parade, unless for Light Infantry; but at twenty miles distance, on the road to the Koondah *ghat* there is an excellent level, called the long valley, which is about five miles in length from east to west, and a quarter to half a mile or a mile in width from north to south. Through it runs a good stream of excellent water, and the hills on the north and south give great shelter from the winds, which, during the south-west monsoons, must be very piercing. On the plain there is ample room for six thousand men, and it would be a valuable depôt for European Infantry and Foot Artillery, indeed it would be well suited for the cantonment of all the Europeans now stationed at St. Thomas' Mount, Arnee, Trichinopoly and Cannanore. Materials for building barracks are on the spot, or close at hand, as the jungle on the road to Calicut, at the foot of the pass, is full of fine teak, and lime is procurable below; bricks are easily made on the site of the building, as the adjoining woods supply fuel to burn them.

The ground will admit of all military exercises, and can be kept dry in wet weather by judicious draining. The position is a commanding one, for, the roads being good and quite practicable now for baggage as well as troops, as far as Mattipoliam in Coimbatore, a force could march from the long valley to the most distant part of the hills adjoining the low country in four days and a body of troops could reach the seacoast by the Koondah *ghat* and the Beypore river in three days.

As a station for troops it is of great value, and would serve to renovate the worn constitutions of men very long in India, or to preserve the health of a new regiment uninjured. I speak of regiments, not of individual soldiers; for I am convinced that no climate will be beneficial to the detached and idle soldier, although the salubrious climate of the hills would, I am confident, be a blessing to the well employed soldier,

under the control of his own commanding officer, in the society of his comrades. But were a brigade formed of the two branches of European Infantry and Foot Artillery, then it would be practicable to allow men sick or convalescent from other regiments to join, doing duty when they should be able; and after having performed all the ordinary duties of a soldier to the satisfaction of the commanding officer, they might, with the consent of the Surgeon, return to their own corps. The formation of a brigade at the place which I have indicated, strikes every visitor versed in military affairs at the first sight of this valley, and I mention it as a means of effectually converting it into a preservative and restorative of health, without which military control and occupation, every system for renovating the exhausted frames of soldiers must and will fail. The expense of buildings would, in less than ten years, be completely reimbursed, by the saving of life among the men, whose comfort and health would be promoted by the measure. The only drawback to this site is the long duration of the rain, as it is more under the influence of the south-west monsoon than the eastern side of these hills. Near Kotagherry, there is a ridge on which two regiments of Infantry, or two thousand men, could be placed and have level ground enough for parades and other military exercises, but the supply of water is not quite so close at hand as in the long valley, the stream being at the base of the ridge, at a distance of two hundred yards down the slope. This ground is generally dry and the situation pleasant, being neither so cold nor so wet as that of the long valley, but it is cultivated ground, the property of the resident Burghers, who occupy the opposite ridge across the stream; whereas the long valley is an unoccupied spot; rarely trod by man. The climate of the former I consider preferable, but the localities of the latter are superior. Both might be tried; as the one is as close to Coimbatore, as the other is to Calicut. By Europeans the means of subsistence might be obtained as cheaply or cheaper, than in the low country; because, oxen, goats and poultry thrive on the hills every where, and sheep do well at Kotagherry, and the finest vegetables can be cultivated. Thus a certain number of troops can be kept in health, and an efficient sanatarium established at two or three points of these hills, and many more I doubt not could be found by diligent search, and it only remains to be considered whether, in case of emergency, these men would be better fitted for active employment in the low country, than if they had always remained as they are at present—to which, as far as my experience enables me to speak, I should say that men in vigorous health would, notwithstanding the great change of climate from

cold and bracing to hot and debilitating, be more capable of physical exertion than others, who, though in some greater degree inured to heat, have suffered from its effects, as it is obvious they must all suffer more or less who have been so exposed. This is my answer to the latter part of the first query, because there can be no wholesome effect on the health of the invalid soldier without discipline, and there can be no discipline of any value without the regular duty of a regiment or brigade, and the establishment of such on the hills I conceive to be a further means of keeping those well who have not been sick, and thus diminishing expence by saving life, and adding to to the efficiency and happiness of the troops, and still further as a consequence consolidating our power."—*Madras Journal of Literature and Science, for July* 1838.

There can be no doubt in reference to Captain Ouchterlony's observation in the first extract above quoted, that the Jakatalla Valley has the advantages he mentions, of being sheltered from the Notherly winds, and suffering less from rain than Ootacamund, but he seems not to consider some circumstances which I think more important to Europeans than either of these, viz, that it is a far less bracing climate, and that the heat—from its lower elevation, and, (compared with Ootacamund) unclouded sky—renders it somewhat unfavourable for the location of troops as a Hill station. Europeans properly clothed, and with ordinary care otherwise, do not suffer so much from exposure to rain and cold, as they do from the heat of the sun; and I am inclined to think that if European Soldiers were sent to the Hills, and settled in the Jakatalla Valley; they would find with the woollen clothes, which they must wear there—very little advantage over the low country, as regards the general sensation of heat, and its effect upon their constitutions; and I agree with the recommendation of Dr. Birch, that the ground about Ootacamund, and towards the Koondah mountains, is that which upon the whole is best adapted for the purpose in question.

If an eligible spot could be selected, of which I have little doubt, about equi-distant between the high ranges of Dodapettah and the Koondahs; all the most important advantages expected from a residence on the Neilgherries might be secured; inasmuch as such a situation would be defended on the East, North East, and West,

from the violence and excess of the monsoons, by the mountains referred to; whilst at the same time an elevation, nearly or quite equal to Ootacamund, would ensure an invigorating and healthy temperature.

One chief point to be considered, is, unquestionably—that to which Captain Ouchterlony adverts in the second extract quoted —viz. the *employment* of the troops—and this difficulty, forms perhaps one very great objection to the design; for during the wet months from May till October inclusive—an hour of fine weather cannot be reckoned upon to occur at any time beforehand, so that orders for parades, &c. &c. would be in vain, unless an interval was immediately seized upon, when it occurred; and the order issued and obeyed instanter.

I agree for the most part in Dr. Birch's suggestions and opinions as expressed in the above extract, and I cannot doubt that a body of Europeans who had been sojourning for any length of time on the Hills, would, if called upon suddenly for active service, be more efficient in a physical sense, than men who had been for the same period in the plains; and I believe also, that they would not, cæteris paribus, be *more* liable to the diseases peculiar to India—but I cannot comprehend how—as some imagine—a set of men coming from Europe, and going to the Hills for a year or two, should be *less* liable to disease whenever they descended the Ghauts, than if they had originally settled in the plains. I do not believe that such an acclimatization, as it is called, would have the smallest advantage in this respect.

As regards recruits, there might be a great saving of health and life perhaps, by their being sent to the Hills to pass through their drill, supposing, as I understand, that such employment is more arduous, than the duties usually required of them subsequently—but in that case, for reasons before stated, they could only be drilled regularly in the dry seasons.

It appears to me that the most economical and humane arrangement would be, to establish a Depôt for sickly and delicate men

and women on the Hills, drawn from the various European Corps within reasonable range; and in order to ensure a necessary state of discipline, that the Head Quarters of some Corps—say one of the Battalions of Artillery now at the Mount be located there—the several companies composing which, could be distributed at the large stations in the neighbourhood, and take their tours of duty by rotation on the Hills; other arrangements connected with such a plan—of a strictly military character—I need not enter upon, as they will occur to every one interested in the matter.

I think a great mistake hitherto has been made, in only sending patients to the Hills—as a general rule—when quite unable from illness to perform their duty; if invalids, in a less advanced stage were ordinarily sent up, (and which in many cases might be done, without detriment to the service,) many a life would perhaps be saved, which is now sacrificed, and many a good Soldier made efficient, who is now prematurely invalided or pensioned—or what is even worse—drags on a sad existence in the painful performance of a duty, which is squeezed out of his exhausted frame by the merciless hand of poverty.

Supposing a European Corps, or a Wing, were located on the Hills, without reference to their individual health, a large proportion of them—perhaps ⅔ths—would consist of men who would enjoy good health in the low country; whilst some would be even injured by going to the Hills, and only a few would really derive any permanent or important benefit; so that the actual gain would be very trifling, and by no means repay the expences incurred.

As the men of an European Corps stationed on the Neilgherries, would have little duty to perform—and at times, for days together none—on account of the weather—it would be very desirable they should have some possible means of passing their time rationally and amusingly;—Billiards, Bagatelle, Draughts, Chess, Dominoes, Books, and other sources of recreation might be provided for them, so as to avoid the necessity they might otherwise feel of seeking excitement by less objectionable means.

If the Head Quarters of a Battalion of Artillery was located on the Hills, it might be found a great convenience in supplying—via. Calicut or Cannanore—the different military stations in that part of the world with detachments of Artillery.

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